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THREE-MEALS-A-DAY SERIES

LEGUMES

PEAS-BEANS-LENTILS

FOR

BREAKFAST,
DINNER, SUPPER

BESSIE R. MURPHY

THREE-MEALS-A-DAY SERIES

LEGUMES

DRIED BEANS, PEAS, LENTILS

FOR

BREAKFAST, DINNER, SUPPER

Compiled and Edited By

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RAND McNALLY AND COMPANY

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Dedicated to
SOMEBODY SOMEWHERE
To be used by
EVERYBODY EVERYWHERE

Cookery . . . . means the economy of your great-grandmothers, and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness, and French art, and Arabian hospitality; and it means, in fine, that you are to be perfectly and always "ladies" —loaf-givers.

RUSKIN

THE INTRODUCTION

This little series of books is a collection of tested and economical recipes for everyday foods that are obtainable everywhere and suitable for any of the three meals of the day. These recipes are written in plain, everyday terms. They are not all original — the authors of many of them are unknown. They form just a little series of everyday books for everybody from everywhere.

The World War gave every homemaker an opportunity to realize the difference between *use* and *abuse* of foods. For years we have wasted much of the bountiful supply of food produced by our country. Let us then not go backward, but let us go forward, bending every energy to make lasting the benefit in health and economy gained from a diet that not only eliminates extravagance and waste in buying and serving, but also affords greater variety.

The recipes in this series call for flour, sugar, and butter. To conserve these three foods just as long as our country and the peoples of Europe need them is the loyal and patriotic duty of — not the other fellow — but you.

Measurements

All measurements should be accurate to insure success.
A standard measuring cup is equal to ½ pint.
All measures are leveled.
For ½ spoon divide with knife lengthwise.
For ¼ spoon divide with knife crosswise.
For ⅛ spoon divide with knife crosswise.

Substitutes

The same substitutes are not obtainable in every state, and for this reason the following tables are given. You may use the ones to be obtained in your community.

FLOUR

For 1 cup of wheat flour, substitute:

1⅜ cups barley
⅞ cup buckwheat
1 " corn flour
1 " " meal
1 " " starch
1 " peanut flour
¾ " potato flour
⅞ " rice flour
1½ cups rolled oats
⅞ cup soy-bean flour
1⅛ cups sweet-potato flour

SUGAR

For 1 cup of sugar, use:

1¼ cups corn sirup
1¼ " honey
1½ " maple sirup
1⅓ " molasses

BUTTER

In place of one cup of butter, use:

1 cup oleomargarine
¾ cup chicken fat
⅞ cup clarified drippings
⅞ cup solid vegetable fat, such as Crisco
¾ cup cottonseed oil
¾ cup peanut oil
¾ cup corn oil

LEGUMES: DRIED BEANS, PEAS, AND LENTILS

GENERAL STATEMENT

Origin. Many nations either from choice or from necessity eat little or no meat, yet some protein food is found in their diet. That food is "poor man's beef"—peas and beans. Beans were used by the ancient Greeks and Romans not only as a food, but as a ballot in voting, choice of a candidate being made by dropping a bean in a helmet. France and England honored this ancient food by a feast on Twelfth Night, when a bean was placed in a cake, the lucky one cutting the slice containing the bean being crowned "Bean King." Among the Hindoos this energy-giving food is fed to those going on a long journey, and the ancient Arabs preparing for difficult trips fed their horses a diet of beans.

Every nation and country has some variety of the bean: The Mongol eats his rice, but for his protein has the soy bean; the Mexican, whose meat supply is scant, uses the frijole bean; the Spaniard has his lentils, while India has a proverb, "Rice is good, but lentils are my life." South America claims the lima bean as a native, and Scotland the bone bean. The United States has one hundred and fifty varieties of beans being cultivated. The famous Boston baked beans are known everywhere. In fact, for all ages among all nations the pea and bean have held an important place as food for mankind.

Common varieties of beans. The kidney bean is terra cotta in color, changing to brown when cooked. It is about ¾ inch long.

The lima bean has an ivory-greenish hue and is flat and broad.

The frijole bean is reddish brown in color and is small and flat.

The cowpea or field pea has many varieties—red, black, round, lady, black-eye, whippoorwill.

The cranberry bean is pinkish cream in color, changing in cooking to brown; it is of medium size and plump.

The pinto bean is similar in appearance to the cranberry bean, but is lighter in color.

Lentils are greenish brown in color and shaped like flat disks; they are about ¼ inch in diameter.

Navy beans are white and of very small size.

The soy bean varies in color from yellowish and whitish to brown, green, and black; its shape varies from spherical to elliptical.

How to buy beans. Most colored beans have a richer flavor than the white varieties. The best beans are of a uniform size. A well-dried bean is smooth and shiny. In buying beans see that they are clean, and free from weevils, stones, and grit.

Food value of peas and beans. Considering the low cost and the quantity of protein furnished by beans, there is no vegetable that can compare with them in food value. They are rich in carbohydrates, supply tissue food, and furnish heat and energy to the body. They contain so much protein that they rank in value with meat, eggs, and cheese, and for this reason they should be used more as a meat substitute.

Digestibility of beans. A dish of beans is considered a "hearty meal," and many complain that beans are difficult to digest. This is frequently due to the fact they are not properly prepared and cooked.

Cooking of beans. All dried beans require long slow cooking on account of the thick wall of cellulose that surrounds the starch and protein. Carefully look over the beans, rejecting all imperfect ones. Wash them clean and soak them over night in four times as much water as bulk of beans; add 1 teaspoon of soda to every quart of water. Then bring beans to the boiling point in the same water, let them boil about 10 minutes, then pour off the water and add fresh water, adding 1 teaspoon salt to every quart of water. Finish cooking slowly with the cover partially off until the beans have reached the required tenderness.

For baked and stewed beans the cooking must stop when the skins begin to crack. For soups they should be cooked until very soft. For serving with a sauce they must not be broken or mushy, but cooked until perfectly tender.

Beans are more easily digested by many people if the skins are removed in the following way: Parboil beans until the skins crack, then put them into a colander, pour cold water over them, and rub them between the hands to loosen the skins. Then return beans to kettle to cook.

Soy beans require about 4 hours to cook, lima beans about 1½ hours, black-eyed peas and all spotted beans about 3 hours, and white beans 3½ hours. On account of the long slow cooking the fireless cooker is invaluable in the cooking of beans.

Cooking of peas and lentils. The same method is employed in boiling peas and lentils as that used for dried beans.

DRIED BEANS, PEAS, AND LENTILS FOR BREAKFAST

Baked Beans

Any kind of beans may be baked in the following manner: Soak the beans over night. Cook them until the skins begin to break, then drain off the water. Put a layer of beans in a deep earthen or glass baking dish; in the center, place a piece of salt pork, using ½ pound for every quart of beans. Fill the dish with beans, add seasoning (1 teaspoon salt and ½ teaspoon pepper to every quart), and enough water to cover the beans. Bake the beans in a moderate oven 8 or 10 hours. Add a little boiling water from time to time, but never let water be above the top of the beans. Do not cover while baking.

Boston Baked Beans

2 cups beans
1 teaspoon salt
⅓ pound salt pork
2 tablespoons molasses
1 cup boiling water

Soak and cook beans as directed on page 3. In the morning drain off the water, add fresh water, and cook slowly until beans are tender. Drain them. Scald the pork, scrape, and gash the rind in several places. Put beans in baking dish, add the pork, leaving the rind exposed. Mix molasses, salt, and boiling water and pour mixture over the beans; then add enough boiling water to cover. Cover dish and bake slowly about 7 hours. Add boiling water from time to time. Remove cover at last so as to brown mixture.

Baked Beans with Rice

4 cups navy beans
1 teaspoon salt
½ pound salt pork
1 cup rice (cooked)

Soak beans over night. In the morning put them into a saucepan and cook them with the pork slowly until they are tender. Remove pork, drain the beans, turn them into baking dish, and add the rice. Cook 30 minutes without stirring, so that the rice will remain on top. (Cover to prevent rice from burning.)

DRIED BEANS, PEAS, AND LENTILS FOR DINNER

Bean Soup

1 cup dried beans
2 quarts water
1 tablespoon flour
1 tablespoon fat
Salt and pepper to taste

Let beans soak over night. Drain off water and put beans in a saucepan, with 2 quarts of water, and let them simmer for several hours until the beans are tender, adding more water if necessary. When beans are perfectly soft, press them through a sieve, adding enough water or stock to make soup the consistency of cream. Add the flour and the fat rubbed together until smooth and boil.

Baked-Bean Soup

3 cups cold baked beans
3 pints water
2 slices onion
2 tablespoons flour
1½ cups canned tomato pulp
2 tablespoons fat
Salt and pepper

Put water, beans, and onion into saucepan, bring them to the boiling point, and let them simmer 30 minutes. Remove them from the fire and rub them through a sieve. Add tomato, salt, and pepper to taste, and mix well with the flour and fat rubbed well together. Cook all together.

Cream-of-Lentil Soup

2 cups mashed cooked lentils
8 cups water
2 tablespoons flour
2 tablespoons butter
2 cups milk
3 tablespoons chopped onion

Cook the onions 10 minutes. Add them to the lentils

and run mixture through a sieve. Melt the butter, add flour and milk, and cook 5 minutes. Combine the two mixtures, season to taste, and serve.

Split-Pea Soup

1 cup peas (soaked over night)
2½ quarts water
¼ pound salt pork
2 cups milk
1 chopped onion
1 teaspoon butter
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper

To the well-drained peas add the water, the pork, and the chopped onion, simmering mixture slowly until peas are soft. Press through a sieve and add the flour mixed with a little cold water, butter, salt, pepper, and the hot milk. Put soup over the fire and let it come to the boiling point. Serve at once.

Soy-Bean Soup

1 cup cooked soy beans
4 cups cold water
½ onion
1 stalk celery
1 teaspoon salt
½ teaspoon pepper
1 tablespoon fat

Cook the onion in the fat, add beans, water, and seasoning. Cook slowly 1 hour. Serve at once.

Cowpea Soup

1 quart boiled peas
2 ounces bacon (chopped fine)
3 onions (chopped fine)
4 quarts hot water
Salt and pepper

Put into a saucepan the bacon, onions, salt, pepper, and water and boil 25 minutes. Rub the cooked peas through a sieve, add the above mixture, and boil 1 hour. Serve hot.

Cream-of-Lima-Bean Soup

1 cup dried lima beans
4 carrots
2 onions
3 pints water
1 cup milk
3 tablespoons fat
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper

Soak the beans over night. Drain them and cook them in water until they are soft. Rub them through a sieve. Cut the carrots and onions into small cubes, add half the butter, and cook 5 minutes. Stir flour and salt into the boiling soup, add milk, strain, and reheat. Put in remaining butter and serve soup hot.

Baked Peas

Wash peas. Put them into a saucepan with a piece of bacon and cover with cold water. Boil until peas are tender. Pour them into a baking dish with a little butter, salt, and pepper. Leave the piece of bacon and half bury it in the middle of the dish. Cook slowly until peas are a delicate brown.

Baked Cowpeas and Cheese

2 cups cooked peas
½ cup grated cheese
1 teaspoon salt
1½ tablespoons butter
1 tablespoon onion
1 teaspoon salt
1 tablespoon chopped sweet green pepper

Press the peas through a sieve and mix them with the cheese. Cook the onion and pepper in the butter, but do not brown them; add mixture to peas and cheese. Form into a roll and bake in a moderate over until brown. Baste occasionally with butter and water.

Baked Pinto Beans

1 pound pinto beans
¼ pound pork
1 sliced onion
2 teaspoons salt
Pepper
2 tablespoons molasses

Wash, soak, and cook beans as directed on page 3. When they are done, drain and turn them into a baking dish on top of the sliced onion. Cut rind of pork and place it on top of beans, rind up. Mix the seasoning in a quart of boiling water and pour enough into dish to reach the top of the beans, keeping the remainder to add as needed. Bake in a slow oven 6 hours.

Baked Lentils

1 quart lentils
1 quart water
1 teaspoon salt
½ teaspoon pepper
½ pound salt pork
1 small onion

Wash and soak lentils over night. Drain them in the morning and put them into a saucepan with 2 quarts of cold water and heat slowly. As the water boils, the lentils will rise to the top. Remove them and place them in a deep baking dish with pork and onion in the center. Mix the seasoning with the boiling water and add to the dish. Cook slowly in moderate oven 4 hours, adding a little water from time to time.

Lentils and Rice

1 cup lentils
1 cup rice
2 tablespoons butter
1 onion
Salt
Pepper

Wash the lentils and soak them over night. Drain and cook them in 1 pint water for 1 hour. When done the lentils should be a dry mass. Wash and boil the rice. Put

2 tablespoons butter into a frying pan. When it is melted, add the sliced onion, then the lentils and rice, and stir over the fire 15 minutes. Season to taste.

Bean Polenta

- 1 pint white beans
- 1½ tablespoons molasses
- ½ teaspoon mustard
- 1 tablespoon butter
- 1 tablespoon vinegar
- Salt and pepper

Wash the beans and soak them over night. In the morning drain off this water, cover beans with fresh water, and boil slowly 1 hour. Drain again, cover with 1 quart freshly boiled water, and boil slowly another hour. When beans are done, press them through a sieve, return them to the kettle, add the butter, molasses, mustard, salt, pepper, and vinegar, stir, and boil 10 minutes.

Bean Tomato Stew

- 2¼ cups cooked white beans
- 2 cups tomato juice
- ½ sliced onion (stewed until tender in tomato juice)
- 2 tablespoons butter
- 1 teaspoon salt
- ¼ teaspoon paprika
- Speck soda

Strain tomato and onion mixture. Add the beans, seasoning, and butter. Cook until stew is thick enough to serve on plate.

Lentil Casserole

- 2 cups cooked lentils
- 1 teaspoon salt
- 2 cups tomatoes
- 4 tablespoons butter
- 1 onion
- 1 cup bread crumbs

Cook lentils as directed on page 3. Brown chopped onion in fat. Place lentils, tomatoes, and onion in layers

in a well-greased baking dish; cover them with bread crumbs and the melted butter. Bake in a moderate oven until mixture is brown.

English Peas in Ramekins

1 cup pea pulp
3 eggs
Few drops onion juice
White sauce

Soak the dried peas over night, cook them in the morning until they are tender, adding ¼ teaspoon salt to 1 cup peas. When peas are tender, press them through a sieve. Combine them with the white sauce, beaten egg, and seasoning. Put mixture into well-greased ramekins and bake slowly 40 minutes.

White Sauce

½ cup milk
2 tablespoons butter
1 teaspoon cornstarch
½ teaspoon salt
Pepper

Melt the butter, stir in cornstarch or flour, add the milk, and stir until mixture is thick and smooth. Then add the seasoning.

Savory Beans

½ pound lima beans
1 cup milk
½ cup canned tomatoes
1 tablespoon butter
1 onion
1 bay leaf
1 teaspoon allspice
2½ teaspoons salt
⅛ teaspoon pepper

Wash and soak the beans over night. In the morning cook them until they are tender, and drain. Add the milk, the tomatoes, fat, onion chopped fine, allspice, salt, and pepper. Pour mixture into a well-greased baking dish and bake 1 hour in a moderate oven.

Kidney Beans with Brown Sauce

1 pint kidney beans
1 teaspoon butter
1 cup brown sauce

Soak and cook beans as directed on page 3. Drain them and put them into a saucepan with the butter for a few minutes. Add 1 cup brown sauce and cook slowly 5 minutes.

BROWN SAUCE

Put into saucepan 1 tablespoon butter and brown until it is dark, but not burned. To this add 1 tablespoon flour and brown again. Add slowly 1 cup stock or hot water and stir until mixture is smooth and thick. Season with salt and pepper and cook 5 minutes.

Lima-Bean Loaf

2 cups lima beans
1 cup bread crumbs
2 tablespoons grated onion
4 tablespoons peanut butter
¼ teaspoon pepper
1 cup stock
1 tablespoon bacon fat

Wash, soak, and cook the beans as directed on page 3. Drain and chop beans coarse. Add crumbs mixed with seasoning and butter, then add liquid and fat. Pour mixture into a well-greased baking pan and bake in a moderate oven 35 minutes.

Tomato Bean Loaf

1 cup cooked beans
1½ cup bread crumbs
1 cup milk
1 cup cooked tomatoes
Pepper and salt

Mash the beans fine and add the bread crumbs, the milk, and tomatoes, and season to taste. Pour mixture into a

well-greased baking dish and cook in a moderate oven 1 hour. Serve cold in slices.

Soy-Bean Loaf

2 cups soy beans
½ cup cut salt pork
1 chopped onion
3 tablespoons fat
2½ cups bread crumbs
1 egg
1 tablespoon chopped parsley
2 tablespoons chopped green pepper
1 teaspoon salt

Wash beans and soak them over night. In the morning drain and cover them with cold water to which add the pork cut in cubes. Cook until beans are soft and then drain them. Brown the bread crumbs in the fat, add the parsley, pepper, salt, well-beaten eggs, and soy beans. Mix well and make into a loaf, put into well-greased pan, and bake in a moderate oven 1½ hours. Turn out on platter and if desired serve with tomato sauce.

TOMATO SAUCE

Cook slowly for 10 minutes ½ can tomatoes, 1 chopped onion, ½ teaspoon salt, 1 clove. Remove mixture from fire and press it through a sieve. Cook together 1 tablespoon each of flour and butter 1 minute, add tomato mixture, stir until smooth, and cook slowly 5 minutes.

Boston Roast

2 cups kidney beans
1 cup bread crumbs
2 cups grated cheese
3 teaspoons salt
½ cup water
1 tablespoon chopped onion

Wash, soak, and cook beans as directed on page 3. In the morning mash the beans, add the cheese, onion, crumbs,

salt, and the water. Form into a loaf. Bake in a moderate oven 40 minutes.

Pea Timbales

1 cup pea pulp
3 eggs
1 cup milk
¼ teaspoon pepper
Onion juice

To the pea pulp add the eggs, milk, and seasoning. Mix and pour into greased molds. Set molds in a shallow pan of hot water and bake in a medium oven until mixture is set. Turn out on a platter and pour over the timbales 2 cups white sauce.

For white sauce, see page 11.

Hopping John with Tomato Sauce

1 quart cowpeas
1 pint rice
3 tablespoons butter
2 teaspoons salt

Soak cowpeas over night in enough water to cover. In the morning cook until peas are tender. Cook the rice in 3 pints water. Add the rice to the cowpeas, season with salt and butter. Serve with tomato sauce. For tomato sauce, see page 13.

Pinto-Bean Loaf

1 pint cold boiled pinto beans
1 well-beaten egg
1 tablespoon minced onion
1 cup cooked rice
3 tablespoons tomato catsup
2 teaspoons salt
⅛ teaspoon pepper

Mix ingredients in the order given, shape into a loaf, place two slices of bacon on top, and bake in moderate

oven 30 minutes. The loaf may be served with tomato sauce if desired. For tomato sauce, see page 13.

Baked Pinto Beans and Tomatoes

1 pound pinto beans
½ onion
⅓ pound salt pork
1 pint canned tomatoes
1 teaspoon mustard
2 teaspoons salt
¼ teaspoon pepper
1 cup hot water

Wash and soak beans over night. Drain and cook them in fresh water to which has been added ½ teaspoon soda. Boil about 10 minutes. Place in baking dish onion and part of pork, add a layer of beans, repeat layers, leaving small piece of pork for top. Mix seasoning, hot water, and tomatoes and pour them over the beans. Bake slowly in moderate oven 6 hours. Add more water if necessary.

Mock Turkey or Savory Roast

2 cups legume purée
2 eggs
½ cup toasted bread crumbs
½ cup browned flour
2 teaspoons celery salt
2 teaspoons sage
1 cup strained tomato
2 cups nut meal or finely chopped nuts
¼ cup cream
2 tablespoons grated onion
1 teaspoon salt

Cook the legumes (lentils, peas, or beans) until they are dry and tender. Make a purée by mashing them through a colander. To the slightly beaten egg add the purée and the other ingredients in the order given. Bake either in the form of a turkey or as a loaf in a hot oven 20 to 30 minutes, until well browned. Serve with a brown sauce or a cream sauce.

Kidney Beans and Macaroni

1 cup macaroni	2 quarts water
2 tablespoons flour	¾ cup milk
2 tablespoons butter	¼ cup strained tomato
2 teaspoons salt	1 pint cooked kidney beans

Cook the macaroni in boiling salted water from 20 minutes to 1 hour, or until it is soft enough to crush between the fingers. Drain, and pour a cupful of cold water through it. Make a cream sauce of the butter and flour and the milk, which should be heated first. Cook sauce 5 minutes, then add the strained tomato. Add to this sauce the thoroughly drained macaroni and the kidney beans. Salt to taste. Heat the mixture, then turn it into a vegetable dish and serve. The beans mash easily; hence stir the mixture gently.

DRIED BEANS, PEAS, AND LENTILS FOR SUPPER

Bean and Potato Puff

1½ cups bean pulp
1 cup mashed potatoes
½ cup bread crumbs
1 beaten egg

Mix all the ingredients, season with a little onion juice, salt, and pepper. Drop by spoonfuls on a well-greased pan. Bake in moderate oven until puffy and brown. Serve hot.

Creamed Peas

1 pint peas
½ pint cream
1 teaspoon salt
Pepper
Butter

Soak the peas in cold water over night. Free them from the skins by rubbing them between the hands. Continue washing them in cold water until all of the skins are removed. Put them into saucepan to cook with enough water to cover them; boil slowly until they are thoroughly done. Press peas through a colander; season with salt and pepper, add cream and a small piece of butter. Whip mixture the same as mashed potatoes and serve hot.

Pea Soufflé

1 cup pea pulp
3 eggs
⅓ cup bread crumbs

SAUCE

½ cup milk or meat stock
½ teaspoon salt
⅛ teaspoon pepper

Make sauce of ingredients indicated. Add crumbs, pea pulp, and beaten yolks. Fold in the egg whites. Bake until soufflé is firm (about 35 minutes) in a moderate oven.

Bean Soufflé

1 pint bean pulp
4 eggs
1 tablespoon lemon juice
½ teaspoon celery salt
¼ teaspoon onion salt
1 teaspoon salt

Press stewed or baked beans through a colander, and add the lemon juice and seasonings to the pulp. Beat the yolks of eggs very light and add them to the bean pulp. Then fold in the stiffly beaten whites of eggs. Turn the mixture into a greased baking dish, set the dish in a pan of hot water, and bake in oven 25 to 30 minutes. Serve at once.

Soy-Bean Soufflé

2 cups soy-bean pulp
2 eggs
1 teaspoon onion juice
2 tablespoons parsley

Separate the eggs and beat well, add the onion juice, soy-bean pulp, and parsley, and fold in the stiffly beaten whites of the eggs. Pour mixture into a baking pan and bake slowly 20 minutes.

Mock Sausage

½ cup lima beans
⅓ cup bread crumbs
3 tablespoons butter
1 egg
Pepper and salt
½ teaspoon sage

Wash, soak over night, and cook beans until they are tender. Put through a colander and add other ingredients. Shape like sausages, roll in crumbs, egg, and crumbs again. Fry in fat until brown.

Bean Croquettes

1 pint white beans
1 tablespoon molasses
1 tablespoon vinegar
1 tablespoon butter
Salt and pepper

Wash, soak, and cook beans as directed on page 3. When they are done, drain and press them through a colander, add the other ingredients, mix well, and let them cool. Form into croquettes or small balls, dip them in egg and then in bread crumbs, and fry in hot fat.

Lentil Croquettes with Rice

1 cup cooked lentils
1 cup cooked rice
½ cup milk
1 beaten egg
Salt

Put lentils through a sieve. Mix them with the rice, milk, egg, and salt. Shape into croquettes, roll them in egg and then in bread crumbs, spread a little milk on top, and put them in oven and bake until brown.

Louisiana Lentils

1 cup lentils
2 cups canned tomatoes
1 onion
2 tablespoons butter
3 red peppers

Wash, soak, and cook lentils as directed on page 3. Drain them. Melt the butter in a baking dish, add the onion and pepper chopped fine, cook until the butter is brown, and add the tomatoes, salt, pepper, and well-drained lentils. Cook uncovered 30 minutes.

Lima Beans à la Creole

1 cup lima beans
1 teaspoon salt
2 tablespoons butter
½ red pepper (cut in strips)
½ green pepper
1 cup tomatoes
½ tablespoon onion
1 teaspoon grated horseradish

Wash, soak, and cook beans as directed on page 3. Drain them. Cook onion and green pepper in butter 2

minutes, add beans and other ingredients, and cook slowly 10 minutes. Serve on buttered toast.

Lentil Cutlets

½ cup lentils (soaked over night)
1½ tablespoons cooked meat
½ tablespoon chopped onion
1 tablespoon butter
1½ tablespoons bread crumbs
¼ teaspoon salt
Pepper
1 egg

Put lentils, meat, onion, and bread crumbs through meat-grinder. Add other ingredients. Form into cutlets, roll them in flour, brush them over with milk, roll them in bread crumbs, and fry in hot fat. Serve hot.

Lentil and Potato Loaf

1¾ cups lentil purée
2 tablespoons butter
¼ cup cream
1 teaspoon salt
⅓ teaspoon sage
2 cups riced potatoes
1 tablespoon butter

Soak 1 cup raw lentils over night. Drain, and cook them in boiling water until they are tender. When they are nearly done, allow the water to evaporate until the lentils are dry. Put them through a colander to make a purée. Then add the butter, cream, salt, and sage. Force through a ricer two freshly boiled potatoes which have been boiled in salted water and thoroughly dried. Season them with butter, and additional salt if necessary. Place the lentil mixture on the bottom of a buttered baking dish and on top of this a layer of potato. Brush the top with a little cream or melted butter, and bake until well browned.

Peas Patties

1 cup split peas
3 pints water
4 tablespoons butter
½ teaspoon salt
1 cup bread crumbs
1 egg
1 tablespoon chopped onion

Soak the peas over night, then cook them in the 3 pints of water. When they are done, rub them through the colander to make a rather dry purée. Stir in the beaten egg and the other ingredients, adding enough bread crumbs to absorb the moisture. Shape the mixture into round cakes and bake them on an oiled tin in a quick oven. Brush the tops several times with milk during the baking. Serve with white sauce (page 11), tomato sauce (page 13), or brown sauce (page 12).

BEAN AND PEA SALADS

Lima-Bean Salad

1 cup cooked lima beans
3 tablespoons chopped onions
2 tablespoons chopped parsley

Mix the beans, onions, and parsley together. Put them on lettuce leaves, garnish with stuffed olives, and serve with French dressing.

Kidney Bean Salad

2 cups cooked kidney beans
3 sweet pickles chopped
1 cup diced celery

Mix well the beans, celery, and pickle. Mix with mayonnaise and serve on lettuce leaves.

Pea Salad

1 pint white peas
2 tablespoons salad oil
½ teaspoon sugar
½ teaspoon pepper
½ teaspoon salt
½ teaspoon mustard
½ teaspoon celery salt
5 teaspoons vinegar

Soak and cook peas until they are tender. Put them on salad dishes and pour over them a dressing made as follows: Rub to a smooth paste the oil, sugar, pepper, salt, mustard, and celery salt, and whip in the vinegar, a teaspoon at a time, mixing thoroughly.

HOW TO USE LEFT-OVER BEANS AND PEAS

Any left-over cooked beans or peas may be mashed and used for croquettes by the addition of salt, pepper, and 1 tablespoon melted butter to every cup of beans or peas. Stir this mixture into a well-beaten egg, roll it into small balls, dip them in egg and bread crumbs, and fry in hot fat until brown.

Warmed-Over Baked Beans

Put into a frying pan some of the left-over pork of the beans. When the fat has melted, pour in the beans, cover, and set on back of the stove, where they will cook slowly and brown. When they are brown, fold them over like an omelet, turn out on platter, and serve hot.

Succotash

Left-over cooked lima beans may be added to left-over cooked corn, mixed with a little sweet milk, to which has been added for every cup of milk 1 tablespoon butter and a little salt and pepper. Cook slowly about 10 minutes.

Pancakes

Mash 1 cup left-over lentils and put them through a sieve. Season with salt, pepper, a little butter, and 1 egg beaten with ½ cup milk. Add ½ cup flour sifted, ¼ teaspoon baking powder, mix well, and fry on greased griddle.

BEANS AND PEAS COOKED IN FIRELESS COOKER

For Soups

Soak beans or peas over night, drain them, and to 1 cup beans or peas add 2 quarts of water, add other soup ingredients, and boil slowly on stove 15 minutes. Use one radiator and cook for 4 hours.

Stewed Peas or Beans

Prepare peas or beans as directed on page 3, using 1 cup beans well covered with water. Use one radiator and leave in cooker 5 hours.

Baked Beans

Prepare beans as directed on page 3. Bring them to a boil on the stove and place them in fireless cooker, using two heated radiators. Let them remain 3 hours, then remove and put in final seasoning. Reheat the two radiators, return the beans and radiators, and leave them in cooker about 4 hours.

THREE-MEALS-A-DAY-SERIES

By Bessie R. Murphy, Food Expert and Lecturer

The books of this little series for school and home use are something more than a collection of tested recipes for the preparation of foods we know. They represent, besides, a thrifty and thinking use of home-grown foods to the most appetizing, economical, and healthful ends.

Rice: For Breakfast, Dinner, and Supper.

In the inviting recipes of this little book, rice is shown not only in its possibilities as a cereal, soup, salad, dinner vegetable, bread, dessert, and invalid food, but in its value for nourishment and energy, and as an admirable balance for the diet.

Peanuts: For Breakfast, Dinner, and Supper.

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